

# Core Questions In Philosophy Edition 6th Sober Ebicos

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## **The Sober Truth** - Lance Dodes 2014-03-25

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

## *Philosophy, Science, Education and Culture* - Robert Nola 2006-02-22

Currents such as epistemological and social constructivism, postmodernism, and certain forms of multiculturalism that had become fashionable within science education circles in the last decades lost sight of critical inquiry as the core aim of education. In this book we develop an account of education that places critical inquiry at the core of education in general and science education in particular. Since science constitutes the paradigm example of critical inquiry, we explain the nature of science, paying particular attention to scientific methodology and scientific modeling and at the same time showing their relevance in the science classroom. We defend a universalist, rationalist, and objectivist account of science against epistemological and social constructivist views, postmodernist approaches and epistemic multiculturalist accounts.

## *A Companion to Experimental Philosophy* - Justin Sytsma 2016-03-28

This is a comprehensive collection of essays that explores cutting-edge work in experimental philosophy, a radical new movement that applies quantitative and empirical methods to traditional topics of philosophical inquiry. Situates the discipline within Western philosophy and then surveys the work of experimental philosophers by sub-discipline. Contains insights for a diverse range of fields, including linguistics, cognitive science, anthropology, economics, and psychology, as well as almost every area of professional philosophy today. Edited by two rising scholars who take a broad and inclusive approach to the field. Offers a complete introduction for non-specialists and students to the central approaches, findings, challenges, and controversies in experimental philosophy.

## *Quit Like a Woman* - Holly Whitaker 2019-12-31

NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

## **Evidence and Evolution** - Elliott Sober 2008-03-27

How should the concept of evidence be understood? And how does the concept of evidence apply to the controversy about creationism as well as to work in evolutionary biology about natural selection and common ancestry? In this rich and wide-ranging book, Elliott Sober investigates general questions about probability and evidence and shows how the answers he develops to those questions apply to the specifics of evolutionary biology. Drawing on a set of fascinating examples, he analyzes whether claims about intelligent design are untestable; whether they are discredited by the fact that many adaptations are imperfect; how evidence bears on whether present species trace back to common ancestors; how hypotheses about natural selection can be tested, and many other issues. His book will interest all readers who want to understand philosophical questions about evidence and evolution, as they arise both in Darwin's work and in contemporary biological research.

## **Living Sober Trade Edition** - Anonymous 2002-02-10

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not

offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

**Life on the Rocks** - Peg O'Connor 2015-12-21

Addiction and recovery are, at their core, about the meaning of life. *Life on the Rocks* is the first book to address addiction and recovery from a Western philosophical perspective, offering a powerful set of tools sharpened over millennia. It introduces some of the core concepts and vexing questions of philosophy to help addicts and those affected by their addiction examine and perhaps transform the meaning they make of their lives. Without assuming any familiarity with philosophy, Dr. O'Connor illuminates issues all addicts and their loved ones face: self-identity, moral responsibility, self-knowledge and self-deception, free will and determinism, fatalism, the nature of God, and their relations to others. *Life on the Rocks* is an indispensable guide to the deeply philosophical concerns at the heart of every addict's struggle. Peg O'Connor, PhD, is professor of philosophy and gender, women, and sexuality studies at Gustavus Adolphus College in Minnesota. She is the author of the popular Psychology Today blog "Philosophy Stirred, Not Shaken" and contributor to the Pro Talk series at Rehabs.com.

**Value-Free Science** - Harold Kincaid 2007-03-15

It has long been thought that science is our best hope for realizing objective knowledge, but that, to deliver on this promise, it must be value free. Things are not so simple, however, as recent work in science studies makes clear. The contributors to this volume investigate where and how values are involved in science, and examine the implications of this involvement for ideals of objectivity.

*The Unexpected Joy of the Ordinary* - Catherine Gray 2020-03-03

Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that. We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach. When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event. So, what's the answer? *The Unexpected Joy of the Ordinary* theorizes that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause. Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything. Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression and high-rollers are less happy.

**History of Western Philosophy** - Bertrand Russell 2013-04-15

Now in a special gift edition, and featuring a brand new foreword by Anthony Gottlieb, this is a dazzlingly unique exploration of the works of significant philosophers throughout the ages and a definitive must-have title that deserves a revered place on every bookshelf.

*The SAGE Encyclopedia of Communication Research Methods* - Mike Allen 2017-01-15

Communication research is evolving and changing in a world of online journals, open-access, and new ways of obtaining data and conducting experiments via the Internet. Although there are generic encyclopedias describing basic social science research methodologies in general, until now there has been no comprehensive A-to-Z reference work exploring methods specific to communication and media studies. Our entries, authored by key figures in the field, focus on special considerations when applied specifically to communication research, accompanied by engaging examples from the literature of communication, journalism, and media studies. Entries cover every step of the research process, from the creative development of research topics and questions to literature reviews, selection of best methods (whether quantitative, qualitative, or mixed) for analyzing research results and publishing research findings, whether in traditional media or via new media outlets. In addition to expected entries covering the basics of theories and methods traditionally used in communication research, other entries discuss important trends

influencing the future of that research, including contemporary practical issues students will face in communication professions, the influences of globalization on research, use of new recording technologies in fieldwork, and the challenges and opportunities related to studying online multi-media environments. Email, texting, cellphone video, and blogging are shown not only as topics of research but also as means of collecting and analyzing data. Still other entries delve into considerations of accountability, copyright, confidentiality, data ownership and security, privacy, and other aspects of conducting an ethical research program. Features: 652 signed entries are contained in an authoritative work spanning four volumes available in choice of electronic or print formats. Although organized A-to-Z, front matter includes a Reader's Guide grouping entries thematically to help students interested in a specific aspect of communication research to more easily locate directly related entries. Back matter includes a Chronology of the development of the field of communication research; a Resource Guide to classic books, journals, and associations; a Glossary introducing the terminology of the field; and a detailed Index. Entries conclude with References/Further Readings and Cross-References to related entries to guide students further in their research journeys. The Index, Reader's Guide themes, and Cross-References combine to provide robust search-and-browse in the e-version.

**Recasting Hume and Early Modern Philosophy** - Paul Russell 2021

The philosopher Paul Russell is well known for his scholarship on Hume and free will. This volume collects Russell's most important essays on Hume, with some articles addressing early modern philosophy more generally. The volume is organized thematically into five sections: metaphysics, free will, ethics, religion, and general interpretations of Hume's philosophy. In a substantive introduction, Russell outlines how his insights overlap and connect to various topics in contemporary philosophy. *Recasting Hume and Early Modern Philosophy* presents the reader with Russell's substantial and interconnected observations and insights on the matters and figures of the greatest importance in early modern philosophy.

*From a Biological Point of View* - Elliott Sober 1994-09-30

Elliott Sober is one of the leading philosophers of science and is a former winner of the Lakatos Prize, the major award in the field. This new collection of essays will appeal to a readership that extends well beyond the frontiers of the philosophy of science. Sober shows how ideas in evolutionary biology bear in significant ways on traditional problems in philosophy of mind and language, epistemology, and metaphysics. Amongst the topics addressed are psychological egoism, solipsism, and the interpretation of belief and utterance, empiricism, Ockham's razor, causality, essentialism, and scientific laws. The collection will prove invaluable to a wide range of philosophers, primarily those working in the philosophy of science, the philosophy of mind, and epistemology.

*Chasing the Scream* - Johann Hari 2015-01-20

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. *Chasing the Scream* is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

**Stars and Galaxies** - Michael A. Seeds 2015-01-01

Fascinating, engaging, and extremely visual, *STARS AND GALAXIES* emphasizes the scientific method throughout as it guides students to answer two fundamental questions: What are we? And how do we know? Updated with the newest developments and latest discoveries in the field of astronomy, authors Michael Seeds and Dana Backman discuss the interplay between evidence and hypothesis, while providing not only facts but also a conceptual framework for understanding the logic of science. Important Notice:

Media content referenced within the product description or the product text may not be available in the ebook version.

**Distilled Spirits** - Don Lattin 2012-09-18

Chronicles the experiences of the author, a religion reporter, and his friendships with Aldous Huxley, Gerald Heard, and Bill Wilson, three men who had profound effects on the religion and spirituality of the twentieth century.

[A Bibliography of Bertrand Russell](#) - Kenneth Blackwell 2003-09-02

From 1895, the year he published his first signed article, to four days before his death in 1970 when he wrote his last, Bertrand Russell was a powerful force in the world of mathematics, philosophy, human rights and the struggle for peace. During those years he published 70 books, almost as many pamphlets and over 2,000 articles, he also contributed pieces to some 200 books. The availability of the Bertrand Russell Archives at McMaster University since 1968 has made it possible for the first time to compile a full, descriptive bibliography of his writings. The Collected Papers are based on it. Fully annotated, the Bibliography is textually oriented and will guide the scholar, collector and general reader to the authoritative editions of Russell's works. It includes references to the locations of all known speeches and interviews, and reproductions of the dust-jackets of Russell's books. Blackwell, Ruja and Turcon have cooperated for nearly 20 years on the new Bibliography. Lord Russell saw the extensive additions for it near the end of his life and declared: 'I am impressed.'

[The Design Argument](#) - Elliott Sober 2018-11-29

This Element analyzes the various forms that design arguments for the existence of God can take, but the main focus is on two such arguments. The first concerns the complex adaptive features that organisms have. Creationists who advance this argument contend that evolution by natural selection cannot be the right explanation. The second design argument - the argument from fine-tuning - begins with the fact that life could not exist in our universe if the constants found in the laws of physics had values that differed more than a little from their actual values. Since probability is the main analytical tool used, the book provides a primer on probability theory.

**The Big Questions: A Short Introduction to Philosophy** - Robert C. Solomon 2013-02-18

Solomon and Higgins's engaging text covers philosophy's central ideas in an accessible, approachable manner. You'll explore timeless big questions about the self, God, justice, and other meaningful topics, gaining the context you need for an understanding of the foundational issues, as well as the confidence to establish your own informed positions on these big questions. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

**Beyond Belief** - Joe C 2013-01

Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book. Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes. What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is where life is happening: chances have to be taken; processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Everyone in recovery is included. No one needs to adopt the beliefs of someone else nor deny our own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder

sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnositca.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it. Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others." Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.

*The Art of Data Analysis: Non-Technical Skills for Data Analysts* - Alberto Scappini 2020-08-16

Would you like to greatly improve your data analysis capabilities by learning the most critical non-technical skills? Do you want to be more astute and well-rounded when applying your skills as a data analyst and achieve better results? If you answered "yes" to any of these questions, keep reading ..... There is an immense focus being placed on data analysis by businesses these days. It is indispensable and helps boil down decision-making to a science. This in turn lets organizations streamline their processes, increase their efficiency, and reduce their operating costs. For this reason, data analysts are in high demand. While technical skills are needed for the job, a salient focus is placed on what soft skills do the incumbent data analysts possess. A lot of data analysts do not adequately acquire these soft skills and therefore fail to realize their full potential. The most impactful work that a highly successful data analyst does comprises non-technical skills. Some crucial skills among these include being able to construct the problem, understand the business context, ask the right questions, find creative solutions, creating visualizations, and presenting the findings. This indispensable book will guide you through these absolutely necessary soft skills that you need in order to excel at your work as a valuable data analyst. Here's a preview of this fantastic book, and what else you'll learn: ● The critical contribution of non-technical skills in data analysis ● Using creativity to enable solving more complex problems quickly ● Understanding the business to address the specific needs of enterprises ● Thinking strategically to enhance the effectiveness and efficiency of your work ● Knowing how the human mind works to discover the abilities and limitations of various analytical models ● Using alternative techniques compared to statistical analysis such as qualitative data analysis, analytics, heuristics, etc., to gain a deeper perspective ● Acquiring negotiating skills to better deal with external and internal stakeholders ● Learning to better communicate your data analysis insights ● Being a better writer to be able to better express yourself ..... And much more! As a key bonus, included in this book are chapters that extensively elaborate on designing your findings by means of visualizations and public speaking in order to convincingly present your finding to a group of influential people and executives. The author understands your peculiar concerns and has therefore written this book in a clear and concise manner. The work is also thorough, relevant, and up-to-date. You are not required to be an experienced analyst to read this book. However, you do need to have a zeal for the subject and the passion for improving the outcome of your work. So, if you want to dramatically improve as a data analyst and aspire to reach the zenith of your field, click the "Add to Cart" button, and let's get started!

*Just Six Numbers* - Martin Rees 2008-08-04

DivThe genesis of the universe elegantly explained in a simple theory based on just six numbers by one of the world's most renowned astrophysicists/div

**Core Questions in Philosophy** - Elliott Sober 2020-02-20

Writing in an engaging lecture-style format, Elliott Sober shows students how philosophy is best used to

evaluate many different kinds of arguments and to construct sound theories. Well-known historical texts are discussed, not as a means to honor the dead or merely to discuss what various philosophers have thought, but to engage with, criticize, and even improve ideas from the past. In addition—because philosophy cannot function apart from its engagement with the wider society—traditional and contemporary philosophical problems are brought into dialogue with the physical, biological, and social sciences. Text boxes highlight key concepts, and review questions, discussion questions, and a glossary of terms are also included. Core Questions in Philosophy has served as a premier introductory textbook for more than two decades, with updates to each new edition. New improvements to this seventh edition include a lower price and a new Routledge companion website that includes: Updated supplementary readings, with the inclusion of more work from female philosophers New videos and podcasts, organized by their relevance to each chapter in the book. Visit the companion website at: [www.routledge.com/cw/sober](http://www.routledge.com/cw/sober).

[A Bibliography of Bertrand Russell: Separate publications, 1896-1990](#) - Kenneth Blackwell 1994

Provides for the first time a full, descriptive bibliography of Russell's writings. Textually orientated, it will guide the scholar, collector and the general reader to the authoritative editions of Russell's works.

**Alcoholics Anonymous** - Alcoholics Anonymous World Services 1976

The basic text for Alcoholics Anonymous.

**Knowledge Construction Methodology** - Yoshiteru Nakamori 2019-08-30

This book demonstrates that innovative ideas are systematically constructed in the creative space spanned by the dimensions of systems thinking and knowledge management. Readers will be introduced to this proposition in the final chapter, after learning about the key innovation theories, design thinking, systems thinking, and idea creation methods in systems science and knowledge science. The content provided throughout the book supports knowledge creation in various fields, the management of research and business projects, and the creation of promotion stories for products and services. Practitioners who are seeking to create innovative ideas can systematically learn the minimum theories and methods required, while graduate students will be equipped to link their research to innovation by learning the essence of systems science and knowledge science and considering selected issues. Lastly, the book includes suggestions for future research directions in knowledge science.

**The Philosopher** - Justin E. H. Smith 2017-10-31

How the role of the philosopher has changed over time and across cultures—and what it reveals about philosophy today What would the global history of philosophy look like if it were told not as a story of ideas but as a series of job descriptions—ones that might have been used to fill the position of philosopher at different times and places over the past 2,500 years? The Philosopher does just that, providing a new way of looking at the history of philosophy by bringing to life six kinds of figures who have occupied the role of philosopher in a wide range of societies around the world over the millennia—the Natural Philosopher, the Sage, the Gadfly, the Ascetic, the Mandarin, and the Courtier. The result is at once an unconventional introduction to the global history of philosophy and an original exploration of what philosophy has been—and perhaps could be again. By uncovering forgotten or neglected philosophical job descriptions, the book reveals that philosophy is a universal activity, much broader—and more gender inclusive—than we normally think today. In doing so, The Philosopher challenges us to reconsider our idea of what philosophers can do and what counts as philosophy.

[The Sober Girl Society Handbook](#) - Millie Gooch 2021-01-14

\*Voted an Independent best self-care book for 2021\* \*Voted one of Heat's best self-help books to help you reach your full potential\* If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want

to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'

**The Recovery Book** - Al J. Mooney 2014-09-09

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family's treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness. [www.TheRecoveryBook.com](http://www.TheRecoveryBook.com)

**Ockham's Razors** - Elliott Sober 2015-07-23

Ockham's razor, the principle of parsimony, states that simpler theories are better than theories that are more complex. It has a history dating back to Aristotle and it plays an important role in current physics, biology, and psychology. The razor also gets used outside of science - in everyday life and in philosophy. This book evaluates the principle and discusses its many applications. Fascinating examples from different domains provide a rich basis for contemplating the principle's promises and perils. It is obvious that simpler theories are beautiful and easy to understand; the hard problem is to figure out why the simplicity of a theory should be relevant to saying what the world is like. In this book, the ABCs of probability theory are succinctly developed and put to work to describe two 'parsimony paradigms' within which this problem can

be solved.

[The Problems of Philosophy](#) - Bertrand Russell 18??

**Does God Exist?** - W. David Beck 2021-03-09

Does God exist? In one incisive volume, philosopher W. David Beck offers a narrative of pre-Christian, Jewish, Buddhist, Christian, and Islamic arguments for God's existence. In this history of answers to an essential question, readers will encounter both classical and contemporary arguments, including cosmological, teleological, moral, and ontological arguments.

**Seeking Wisdom** - Julia Cameron 2022-01-11

Julia Cameron returns to the spiritual roots of the Artist's Way in this 6-week Program Author Julia Cameron changed the way the world thinks about creativity when she first published *The Artist's Way: A Spiritual Path to Higher Creativity* thirty years ago. Over five million copies later, Cameron now turns her attention to creative prayer, which she believes is a key facet of the creative life. In *Seeking Wisdom*, a 6 Week Artist's Way Program, readers, too, will learn to pray. Tracing her own creative journey, Cameron reveals that prayer led her forward at a time of personal crisis. Unexpectedly, prayer became an indispensable support to her artistic life. The tools she created to save herself in her darkest hour became the tools she would share with the world through *The Artist's Way*. *Seeking Wisdom* details the origin of these tools, and by Cameron's example, the central role that prayer plays in sustaining a life as an artist. In this volume, Cameron shares a mindful collection of prayer practices that open our creative souls. This path takes us beyond traditional religious rituals, welcoming readers regardless of their beliefs and backgrounds. As you journey through each week of the program you'll explore prayers of petition, gratitude, creativity, and more. Along the way, the three beloved tools of *The Artist's Way*—Morning Pages, Artist Dates, and Walks—are refreshed and reintroduced, to provide a proven, grounded framework for growth and development. Additionally, Cameron introduces a fourth tool, *Writing Out Guidance*. She believes this powerful practice will greatly aid aspiring artists. *Seeking Wisdom* issues an invitation to step further into exciting creative practice.

**Core Questions in Philosophy** - Elliott Sober 2013

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- Applying philosophy to everyday life. *Core Questions in Philosophy* emphasizes the idea that philosophy is a subject devoted to evaluating arguments and constructing theories. Presented in an engaging lecture-style format, this text/reader focuses on the basic issues and ideas in philosophy with lectures/discussions, supported by readings from historically important sources. Discussions emphasize the logic of philosophical arguments and how they relate to the content of modern physical and social sciences. Teaching & Learning Experience The teaching and learning experience with this program helps to: Improve Critical Thinking - Review questions at the end of each chapter allow students to review what they've just learned and think critically about related problems. Engage Students - Following a lecture format, the text portion is written in an engaging conversational tone. Explore Theory - Emphasis on evaluating arguments and constructing theories. Support Instructors - An instructor's manual, test bank, MyTest Test Bank, and PowerPoint presentation provide more teaching resources.

**The Bloomsbury Encyclopedia of Philosophers in America** - John R. Shook 2016-02-11

For scholars working on almost any aspect of American thought, *The Bloomsbury Encyclopedia to Philosophers in America* presents an indispensable reference work. Selecting over 700 figures from the

*Dictionary of Early American Philosophers* and the *Dictionary of Modern American Philosophers*, this condensed edition includes key contributors to philosophical thought. From 1600 to the present day, entries cover psychology, pedagogy, sociology, anthropology, education, theology and political science, before these disciplines came to be considered distinct from philosophy. Clear and accessible, each entry contains a short biography of the writer, an exposition and analysis of his or her doctrines and ideas, a bibliography of writings and suggestions for further reading. Featuring a new preface by the editor and a comprehensive introduction, *The Bloomsbury Encyclopedia to Philosophers in America* includes 30 new entries on twenty-first century thinkers including Martha Nussbaum and Patricia Churchland. With in-depth overviews of Waldo Emerson, Margaret Fuller, Noah Porter, Frederick Rauch, Benjamin Franklin, Thomas Paine and Thomas Jefferson, this is an invaluable one-stop research volume to understanding leading figures in American thought and the development of American intellectual history.

**Evolution and the Levels of Selection** - Samir Okasha 2006-11-16

Does natural selection act primarily on individual organisms, on groups, on genes, or on whole species? Samir Okasha provides a comprehensive analysis of the debate in evolutionary biology over the levels of selection, focusing on conceptual, philosophical and foundational questions. A systematic framework is developed for thinking about natural selection acting at multiple levels of the biological hierarchy; the framework is then used to help resolve outstanding issues. Considerable attention is paid to the concept of causality as it relates to the levels of selection, in particular the idea that natural selection at one hierarchical level can have effects that 'filter' up or down to other levels. Unlike previous work in this area by philosophers of science, full account is taken of the recent biological literature on 'major evolutionary transitions' and the recent resurgence of interest in multi-level selection theory among biologists. Other biological topics discussed include Price's equation, kin and group selection, the gene's eye view, evolutionary game theory, outlaws and selfish genetic elements, species and clade selection, and the evolution of individuality. Philosophical topics discussed include reductionism and holism, causation and correlation, the nature of hierarchical organization, and realism and pluralism.

**Philosophy Of Biology** - Elliott Sober 2018-03-05

Perhaps because of its implications for our understanding of human nature, recent philosophy of biology has seen what might be the most dramatic work in the philosophies of the 'special' sciences. This drama has centered on evolutionary theory, and in the second edition of this textbook, Elliott Sober introduces the reader to the most important issues of these developments. With a rare combination of technical sophistication and clarity of expression, Sober engages both the higher level of theory and the direct implications for such controversial issues as creationism, teleology, nature versus nurture, and sociobiology. Above all, the reader will gain from this book a firm grasp of the structure of evolutionary theory, the evidence for it, and the scope of its explanatory significance.

**Beyond Addiction** - Jeffrey Foote 2014-02-18

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

**Mindful Drinking** - Rosamund Dean 2017-12-28

With an easy three-step plan, *Mindful Drinking: How To Break Up With Alcohol* is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: *The Problem, The Incentive, and The Plan*. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - *Mindful Drinking: How To Break Up With Alcohol* shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about *Mindful Drinking: How to Break Up With Alcohol*: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

**Stillness Is the Key** - Ryan Holiday 2019-10-01

Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John

Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and egos and competition. *Stillness Is the Key* offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever.